

## **Arlington Council on Aging Meeting Minutes March 17, 2016**

**Present:** Mara Klein Collins, Jim Munsey, Noreen Murphy, Sue Culhane, Ann Fitzgerald, Paul Raia and Marge Vanderhill.

Associate members present: Karen Nichols and Bob Tosi

I. Call to order: The regular meeting of the Council on Aging Board was called to order by Mara Klein Collins at 6:00PM on March 17, 2016, at 27 Maple Street, Arlington, MA.

Citizen's Open Forum: No one present.

### **II. Old Business:**

A. Feasibility study. Three main areas of renovation are being considered: enlargement of the kitchen to commercial size, moving all activities to the upper level, and place all offices on the ground floor.

B. Newsletter. Mara will continue to work on this.

III. Report of the Chair: See Feasibility Study and Newsletter above.

### **IV. Executive Director's Report**

A. Elder Abuse Task Force. Representatives from the EOEA will make a presentation to area banks on fraud against seniors on May 25. The meeting is not open to the public.

B. Lahey Hospital and Medical Center is funding a NEW Diabetes Education program at the COA. The program will be limited to 15 and participants must have Type 2 diabetes.

C. A pilot program at Drake Village will offer low cost breakfast using commodity foods beginning in May.

D. "Living Out Loud" episodes will now be filmed on Thursday morning and aired the week after filming on ACMI.

### **V. Other Reports**

A. Friends of the COA: Funding has been sent to the Director. The Friends made a good presentation at the Selectman's meeting.

VI. Minutes of the February 18, 2016, were accepted. Paul Raia so moved and Jim Munsey seconded.

VII. New Business. Julie Brazile shared results from the recent questionnaire sent out to residents, which will help the COA spot trends in the town. More information will be forthcoming.

VIII. Other Business

A. Paul Raia reported on Age-Friendly Communities, a program sponsored by AARP. His contact at AARP is Sandy Albright. Paul will set up a meeting between Susan and Sandy to look into Arlington taking the program on over a five-year time frame. The town would have to sign off on eight different areas through three phases: planning, implementation, and ongoing improvement.

B. Memory Café. Nori Mazone does seated exercises with participants. The “chair play” helps them improve cognitively and physically.

IX. The meeting was adjourned at 7:45pm.